EMERGENCY CONTRACEPTION (EC) CONSENT / INFORMATION WHAT IS IT? Emergency contraceptive pills (EC) are hormone pills (like birth control pills) that you take right after unprotected sex to try to reduce your chance of pregnancy. THEY WORK BY: Keeping the ovary from releasing an egg; Making the mucus from the cervix thick so the sperm can't get into the uterus; ☐ They work best if they are taken within 120 hours after having sex without birth control. HOW DO I TAKE IT? 1.) For Plan B or Next Choice, swallow both pills while you are in the clinic. For Plan B One Step, swallow the single pill while you are in the clinic. 2.) For all other options, swallow the first dose of EC as soon as you can. Swallow the second dose 12 hours after you took the first dose. 3.) Some kinds of EC can make you feel sick to your stomach. Ask your provider if she or he recommends you take an over-thecounter medicine for nausea, like Dramamine or Bonamine before the first dose of EC. HOW WELL DOES IT WORK? EC does not work every single time. If you don't start your period within 3 weeks after taking EC, call the clinic. EC should just be used in an emergency. It is not good as a regular method of birth control. After you use EC, you should start using a reliable method of birth control right away. CAN EVERYONE TAKE EC? You should not take EC if you already know for sure that you are pregnant. If you are pregnant but don't know it, or if the EC doesn't work and you are pregnant, it will not hurt you or the pregnancy to take EC. WHAT WILL I FEEL LIKE WHEN I TAKE EC? You may not have any symptoms. Some women may have one or more of the following: □ Nausea or vomiting; □ Dizziness or tiredness; □ Irregular bleeding □ Tender breasts: ☐ Headaches; Your next period after you take EC may be different than your periods usually are. It may be early or late, and it might be heavier or lighter. Call the clinic or go to the nearest emergency room if you have: Very bad headaches Very bad abdominal pain Changes in your vision Trouble breathing or chest pain Very bad leg pain Heavy bleeding

You have been given _____ Take___pill(s) now; take ____ pill(s) in 12 hours. If you have any questions, call the clinic at _____ Patient signature _____ Date ____ Witness signature _____ Date _____

INTERPRETER'S STATEMENT

I have translated the information and advice presented orally to the client who has chosen to use Emergency Contraception. I have also read this consent to her in a language she understands and explained the content to her. To the best of my knowledge and belief she understands this explanation and voluntarily consents to the use of Emergency Contraception.

Interpreter's Signature	Date